

digital wellness refers to

Digital Wellness Refers To: Reclaiming Your Life in the Digital Age

We live in a hyper-connected world. Smartphones are extensions of our hands, notifications ping incessantly, and the allure of social media is almost irresistible. But this constant connectivity comes at a cost. Are you feeling overwhelmed, stressed, or perpetually glued to your screen? This comprehensive guide explores what digital wellness refers to, providing practical strategies to reclaim your life and cultivate a healthier relationship with technology. We'll delve into the negative impacts of excessive digital use, explore effective techniques for mindful technology use, and offer actionable steps to create a more balanced and fulfilling life, both online and offline.

What Does Digital Wellness Refer To? A Holistic Definition

Digital wellness refers to a conscious and intentional approach to managing your technology use to promote overall well-being. It's not about abstaining from technology entirely – after all, technology plays a vital role in modern life, from communication to work to entertainment. Instead, digital wellness is about fostering a healthy relationship with technology, ensuring that it enhances your life rather than detracting from it. This encompasses physical, mental, and emotional health, acknowledging that our digital habits significantly impact these aspects.

Think of it as a form of self-care, but specifically targeted at our digital habits. Just as we prioritize physical health through diet and exercise, digital wellness requires mindful attention to how we interact with our devices and the digital world.

The Dark Side of Digital: Understanding the Negative Impacts

Before we dive into solutions, let's acknowledge the potential pitfalls of excessive digital engagement. The negative impacts of digital overuse can be substantial, affecting various aspects of our lives:

Mental Health: Constant exposure to social media can lead to anxiety, depression, feelings of inadequacy, and low self-esteem due to social comparison and unrealistic portrayals of others' lives. The fear of missing out (FOMO) is a significant contributor to this.

Physical Health: Prolonged screen time contributes to eye strain, headaches, neck pain, carpal tunnel syndrome, and sleep disturbances. The blue light emitted from screens can disrupt our circadian rhythm, making it harder to fall asleep and impacting sleep quality. Furthermore, sedentary behaviour associated with excessive screen time can lead to weight gain and other health problems.

Relationships: Over-reliance on digital communication can detract from meaningful face-to-face interactions and weaken personal relationships. The constant distractions of notifications can impede quality time spent with loved ones.

Productivity & Focus: The constant stream of notifications and the addictive nature of certain apps can significantly hinder productivity and concentration, making it difficult to focus on tasks and achieve goals.

Burnout: The always-on culture fostered by technology can lead to burnout, characterized by emotional, physical, and mental exhaustion.

Reclaiming Control: Practical Strategies for Digital Wellness

Now that we've explored the potential downsides, let's discuss practical strategies to improve your digital wellness:

Mindful Technology Use: Practice mindful engagement with your devices. Instead of passively scrolling through social media, consciously choose what you consume and how long you engage with it. Set specific time limits for app usage and stick to them.

Digital Detox: Regularly schedule periods of disconnection from technology. This could involve turning off your phone for a few hours each day, taking a weekend break from social media, or even undertaking a longer digital detox retreat.

Screen-Free Zones: Designate specific areas in your home or life as screen-free zones, such as your bedroom or dining table. This creates boundaries that help you disconnect and prioritize real-life interactions.

Prioritize Sleep Hygiene: Establish a consistent sleep schedule and create a relaxing bedtime routine that excludes screen time at least an hour before bed. Consider using blue light filtering glasses or apps to reduce blue light exposure in the evening.

Curate Your Digital Environment: Unfollow or mute accounts that trigger negative emotions or contribute to feelings of inadequacy. Be selective about the content you consume and prioritize positive and uplifting sources of information.

Utilize Technology Mindfully: Explore apps and tools that promote digital wellness, such as website blockers, screen time trackers, and mindfulness apps. These can help you gain control over your technology usage.

Engage in Offline Activities: Prioritize non-digital activities that bring you joy and fulfillment, such as spending time in nature, engaging in hobbies, exercising, connecting with loved ones, or pursuing creative endeavors.

Building a Balanced Digital Life: Long-Term Strategies

Digital wellness isn't a quick fix; it's a continuous process of learning, adapting, and refining your relationship with technology. Think of it as a journey, not a destination. By consistently implementing the strategies mentioned above, you can cultivate a healthier and more balanced relationship with technology, ultimately leading to improved overall well-being. Remember to be patient with yourself and celebrate small victories along the way. The goal is to find a balance that works for you, allowing technology to enhance your life without overwhelming or controlling it.

Conclusion

Digital wellness refers to the proactive steps we take to maintain a healthy relationship with technology. By understanding the potential negative impacts of excessive digital use and employing mindful strategies, we can reclaim control over our digital lives and cultivate a more balanced and fulfilling existence. Remember, technology is a tool, and like any tool, its impact depends on how we use it. By embracing digital wellness, we can harness technology's power for good while protecting our mental and physical well-being.

FAQs

1. Is digital detox necessary for everyone? Not necessarily. A digital detox can be beneficial for many, but the frequency and duration will vary depending on individual needs and circumstances. Even short breaks from technology can be helpful.
1. How can I track my screen time effectively? Most smartphones and computers have built-in screen time tracking features. You can also use third-party apps designed to monitor and manage app usage.
1. What if I struggle to limit my social media use? Start small. Set realistic goals, gradually reducing your daily usage. Explore alternative activities that provide similar satisfaction, such as spending time in nature or pursuing hobbies.
1. Can digital wellness help with stress reduction? Yes, by reducing the constant stimulation and demands of technology, you can create more space for relaxation and stress reduction.
1. How can I create a screen-free zone in my home? Choose a room, such as your bedroom or dining room, and enforce a "no screens" rule. This designated area allows for more mindful engagement with family and relaxation without digital distractions.

Digital Wellness Refers To: Reclaiming Your Life in the Digital Age

We live in a hyper-connected world. Our smartphones are extensions of ourselves, buzzing with

notifications, emails, and social media updates, constantly vying for our attention. But this constant connectivity comes at a cost. Feeling overwhelmed, anxious, or burnt out? You're not alone. This comprehensive guide explores what digital wellness refers to, offering practical strategies to help you regain control of your digital life and cultivate a healthier relationship with technology. We'll delve into the definition, explore its key components, and provide actionable steps to improve your digital well-being.

What Does Digital Wellness Refer To? A Holistic Definition

Digital wellness isn't just about reducing screen time; it's a holistic approach to managing your relationship with technology to improve your mental, emotional, and physical health. It refers to the conscious and intentional effort to use technology in a way that enhances your life, rather than detracting from it. This encompasses various aspects, from mindful technology use to setting healthy boundaries and prioritizing real-life interactions. It's about finding the balance between leveraging technology's benefits and mitigating its potential harms. Think of it as a mindful approach to your digital lifestyle, just as you might practice mindful eating or mindful meditation.

Key Components of Digital Wellness: More Than Just "Less Screen Time"

While reducing excessive screen time is a crucial element, digital wellness encompasses a broader spectrum of practices. Let's examine some key components:

1. **Mindful Technology Use:** This involves being present and aware of your technology usage. Are you mindlessly scrolling through social media, or are you actively engaging with the content? Mindful use encourages conscious choices about when and how you use technology.
1. **Setting Healthy Boundaries:** Establish clear limits on screen time, especially before bed. Designate technology-free zones in your home, such as the bedroom or dining table, to foster deeper connections and relaxation. Consider scheduling specific times for checking emails or social media, rather than constantly reacting to notifications.
1. **Prioritizing Real-Life Interactions:** Make time for face-to-face interactions with loved ones. Engage in activities that don't involve screens, such as reading a book, exercising, spending time in nature, or pursuing hobbies. These activities help to balance your digital life and nurture meaningful relationships.
1. **Curating Your Digital Environment:** Be selective about the apps and social media platforms you use. Unfollow accounts that trigger negative emotions or contribute to comparison. Customize your notification settings to minimize distractions and prioritize important

information.

1. **Digital Detoxification:** Periodically disconnect from technology entirely. Schedule regular digital detox periods, even if it's just for an hour or two each week, to give your mind a break and recharge. This can significantly reduce stress and improve mental clarity.
1. **Protecting Your Online Privacy and Security:** Digital wellness also includes safeguarding your personal information and online security. This involves using strong passwords, being cautious about sharing personal data, and regularly updating your software and security settings.

Practical Strategies for Improving Your Digital Wellness

Now that we understand the components, let's explore practical strategies to implement:

Use Screen Time Tracking Apps: Many apps can monitor your device usage, providing valuable insights into your habits. This data helps you identify areas for improvement.

Turn Off Notifications: The constant buzz of notifications is incredibly distracting. Customize your settings to silence non-essential notifications.

Establish a Digital Curfew: Set a time each evening when you disconnect from all devices. This helps establish a healthy sleep routine and reduces the likelihood of late-night scrolling.

Practice the 20-20-20 Rule: Every 20 minutes of screen time, look at something 20 feet away for 20 seconds to reduce eye strain.

Engage in Offline Activities: Make a conscious effort to participate in activities that don't involve screens. This could be anything from going for a walk to reading a book or spending time with family and friends.

Mindful Social Media Use: Be intentional about your social media consumption. Avoid mindless scrolling and focus on engaging with content that genuinely interests you.

The Ripple Effect of Digital Wellness: Benefits Beyond the Screen

The benefits of prioritizing digital wellness extend far beyond simply reducing screen time. Improved digital well-being can lead to:

Reduced Stress and Anxiety: Less exposure to the constant stream of information and social media comparisons can significantly reduce stress and anxiety levels.

Better Sleep: Disconnecting from screens before bed promotes better sleep quality.

Increased Productivity and Focus: Minimizing distractions allows for greater focus and improved productivity.

Stronger Relationships: Prioritizing real-life interactions strengthens relationships and fosters deeper connections.

Improved Physical Health: Reduced screen time allows for more physical activity and healthier

lifestyle choices.

Conclusion: Taking Control of Your Digital Life

Digital wellness is a journey, not a destination. It's about cultivating a healthy and balanced relationship with technology that empowers you, rather than controls you. By implementing the strategies outlined in this guide, you can reclaim control of your digital life and experience the numerous benefits of improved digital well-being. Start small, be patient with yourself, and celebrate your progress along the way.

FAQs

1. Is it possible to completely eliminate the negative effects of technology? No, complete elimination is unrealistic in today's world. The goal is to manage your relationship with technology to minimize negative effects and maximize the benefits.
1. How can I help my children develop healthy digital habits? Lead by example. Establish clear family rules around technology use and encourage offline activities.
1. What if I feel addicted to my phone? Consider seeking professional help. A therapist or counselor can provide support and strategies to manage technology addiction.
1. Are there any specific apps that can help with digital wellness? Yes, many apps track screen time, limit app usage, and promote mindful technology use. Research options to find one that suits your needs.
1. How often should I take a digital detox? The frequency depends on individual needs. Start with shorter detox periods (an hour or two) and gradually increase the duration as you become more comfortable. The key is consistency, even if it's just a few times a month.

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culture, and asks important questions about the social, cultural and psychological implications of our contemporary relationship with digital media. Drawing on cutting-edge social theory, the book explores a wide range of contexts in which DGM intersects with digital leisure, from the health-related learning of young people to the 'clean eating' movement, to the online lives of fitness professionals. It asks if digital and social media are problematic per se and explores the problems a turn to the Internet could be revealing about the lack of real-world or analogue support, as well as potential solutions, for our wellness, health and fitness needs and wants. Bringing together innovative, multi-disciplinary perspectives, this book is fascinating reading for anybody with an interest in leisure studies, media studies, cultural studies, sociology, or health and society.

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dissatisfied with the existing literature on or are contemplating getting involved in digital health entrepreneurship. Topics covered include regulatory affairs featuring detailed guidance on the legal environment, protecting digital health intellectual property in software, hardware and business processes, financing a digital health start up, cybersecurity best practice, and digital health business model testing for desirability, feasibility, and viability. Digital Health Entrepreneurship is directed to clinicians and other digital health entrepreneurs and stresses an interdisciplinary approach to product development, deployment, dissemination and implementation. It therefore provides an ideal resource for medical professionals across a broad range of disciplines seeking a greater understanding of digital health innovation and entrepreneurship.

digital wellness refers to: Digital Citizenship Class 6 Level 1 Manish Soni, Today's world is rapidly transforming, and technology has become an inseparable part of our lives. Digital tools have opened up immense opportunities, from communicating with friends to accessing educational resources. However, with these advances, it is crucial to ensure that young learners are equipped with the necessary skills to navigate this Digital landscape responsibly and safely. This is the foundation upon which Digital Citizenship for Class 6. The content of this book is thoughtfully divided into several key areas: Introduction to Digital Citizenship In this introductory chapter, students will learn about Digital Citizenship, focusing on the responsible use of Digital devices and positive contributions to the online world. They will be introduced to concepts like Digital Identity and Digital Footprint in a way that helps them understand the long-term effects of their online actions. Online Safety and Security With increasing access to the internet, safety and security are paramount. This chapter covers essential topics such as protecting personal information, understanding privacy settings, recognising and avoiding online threats (such as cyberbullying, phishing, and malware), and strong passwords. Students will also be introduced to safe browsing habits and how to report inappropriate or harmful content. Media Literacy and Critical Thinking The internet is full of information, but not all of it is accurate or trustworthy. In this book, students will enhance their critical thinking skills to analyse and evaluate online information. They will learn to differentiate between credible sources and misinformation, understand the dangers of fake news, and recognise the influence of advertising and social media on public opinion, empowering them to become discerning consumers of Digital content. Digital Footprint and Online Reputation In this chapter, students will learn about Digital Footprints and their long-term impact on online reputation. They will understand the importance of maintaining a positive online presence and how their online activities can influence future opportunities, including academic applications and career prospects. Cyberbullying and Online Respect With the rise of social media and online communication, cyberbullying has become a serious concern. This chapter addresses the various forms of cyberbullying, its impact on victims, and the importance of reporting and preventing such behaviour. Why This Book? This book aims to equip young learners with the tools necessary to thrive in the Digital age by educating them about the risks and challenges of the Digital world while empowering them to seize its opportunities. Each chapter focuses on fostering critical thinking, responsible decision-making, and ethical behaviour. The book also includes engaging activities, real-life scenarios, and thought-provoking discussions to help students apply what they have learned. Interactive quizzes and projects encourage students to explore these topics in depth, making the learning process informative and enjoyable.

digital wellness refers to: Critical Roles of Digital Citizenship and Digital Ethics DeHart, Jason D., 2023-10-04 The digital age has brought about significant changes to our society, creating a complex and ever-evolving digital landscape. To navigate this landscape effectively, it is crucial to foster a deep understanding of ethics and citizenship in all domains of life. This imperative holds true at every level of education, and it is equally important to explore the historical origins of these concepts. Critical Roles of Digital Citizenship and Digital Ethics delves into the multifaceted realm of digital ethics and citizenship, shedding light on the latest research studies conducted in the educational field, as well as insights from the humanities, history, social sciences, sociology, and civics. This comprehensive research handbook provides a platform for in-depth discussions and

empirical investigations into the philosophical foundations and practical implications of digital citizenship. By examining how digital ethics have been and continue to be shaped, the book offers valuable insights into the ways in which educators and researchers can approach these topics in the realm of education. Designed for researchers in humanities, sociology, and educational fields, as well as students seeking a deeper understanding of the historical and contemporary dimensions of digital ethics and digital citizenship, this book offers a rich exploration of their roots and current implications. It explores the historical underpinnings of these concepts, advocates for asset-based approaches to digital citizenship, and examines the current educational strategies implemented at both the K-12 and post-secondary levels. Additionally, it delves into the theoretical foundations of digital ethics and citizenship, considering the impact of digital landscapes on young learners, adolescents, and adults. The book also presents insightful reports on the latest studies pertaining to digital ethics and digital citizenship.

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technologies is emerging, it is important to take into consideration the development of individual well-being when it comes to engagement with the digital environment that modified our relationships with ourselves, each other, and our environment

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with technological hardware and content. Recent studies indicate that an overwhelming majority of children and teenagers use the Internet, cell phones, and other mobile devices. Equipped with familiarity and unprecedented access, it is no wonder that adolescents consume, create, and share copious amounts of content. But is there a cost? *Digital Youth: The Role of Media in Development* recognizes the important role of digital tools in the lives of teenagers and presents both the risks and benefits of these new interactive technologies. From social networking to instant messaging to text messaging, the authors create an informative and relevant guidebook that goes beyond description to include developmental theory and implications. Also woven throughout the book is an international sensitivity and understanding that clarifies how, despite the widespread popularity of digital communication, technology use varies between groups globally. Other specific topics addressed include: Sexuality on the Internet. Online identity and self-presentation. Morality, ethics, and civic engagement. Technology and health. Violence, cyberbullying, and victimization. Excessive Internet use and addictive behavior. This comprehensive volume is a must-have reference for researchers, clinicians, and graduate students across such disciplines as developmental/clinical child/school psychology, social psychology, media psychology, medical and allied health professions, education, and social work.

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- The dimensions and operations of the online emotional economy
- Growing concerns about online harms and abuse, especially to children
- 'Deepfakes' and other forms of image-based abuse
- The role of hope in shaping online behaviours
- 'Digital well-being' and its market
- COVID-19's impacts on perceptions of digital media and Big Tech
- Growing challenges to centralised control of the internet, and the implications for future emotional life

The book breaks new ground in the sociological study of digital media and the emotions. It reveals the dynamics of online emotional regimes showing how deceptive designs and algorithm-driven technologies serve to attract and engage users. As it argues, digital media rely on the emotional labours of many people, including social media influencers and content moderators who make the internet seem smart. The book provides an invaluable overview of the evidence and debates on the role of digital media in emotional life and guidance for future research, policy, and action.

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devices, improve focus, reduce stress, and nurture their emotional well-being. From the role of AI and VR in mental health care to practical advice on managing digital work overload and improving relationships, this book offers a holistic approach to navigating our hyperconnected world. WIRED MINDS: The Hidden Cost of Modern Connectivity is essential reading for anyone looking to prioritize their mental health, foster meaningful offline experiences, and redefine their relationship with technology for long-term well-being.

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digital wellness refers to: Handbook of Research on Innovative Management Using AI in Industry 5.0 Garg, Vikas, Goel, Richa, 2021-11-19 There is no industry left where artificial intelligence is not used in some capacity. The application of this technology has already stretched across a multitude of domains including law and policy; it will soon permeate areas beyond anyone's imagination. Technology giants such as Google, Apple, and Facebook are already investing their money, effort, and time toward integrating artificial intelligence. As this technology continues to develop and expand, it is critical for everyone to understand the various applications of artificial intelligence and its full potential. The Handbook of Research on Innovative Management Using AI in Industry 5.0 uncovers new and innovative features of artificial intelligence and how it can help in raising economic efficiency at both micro and macro levels and provides a deeper understanding of the relevant aspects of artificial intelligence impacting efficacy for better output. Covering topics such as consumer behavior, information technology, and personalized banking, it is an ideal resource for researchers, academicians, policymakers, business professionals, companies, and students.

digital wellness refers to: Children, Dogs and Education Mary Renck Jalongo, 2018-05-08 This book brings together authoritative information about the child/dog bond as it is manifested with family dogs, visiting therapy dogs, and service dogs trained to assist children with disabilities. Despite the widely accepted view that participating in a dog's care and interacting with dogs in behaviorally healthy ways is a route to becoming responsible and compassionate, research on this complex dynamic is difficult to design, time-consuming to collect, and challenging to analyze. This volume synthesizes theory, research, and practice, bringing all to bear upon child/dog interactions in homes, schools, libraries, and the community at large. Children, Dogs and Education serves as a handbook for a diverse group of adults who seek to build positive relationships between children and dogs—parents/families, professional dog trainers, teachers, librarians, mental health professionals, health care professionals, and university faculty. The study of interactions between human and nonhuman animals has captured the imagination of an international community of researchers from many different fields and professions. Even though dogs are ubiquitous in the lives of most children, studies of children's interactions with dogs in families and communities are lacking. Most of the previous research on the human-canine bond has focused on adolescents and adults or, even when younger children are the focus, it has tended to rely on parents to speak for children. There are three features of this book that make it unique. First, it goes beyond exploring the child/dog bond to

examine additional important issues, including: children's concepts of responsible care, their ability to interpret dogs' behavioral cues, and their ideas about canine behavioral issues/training. Second, unlike most other work to date, it represents children's voices through cases, interviews, and drawings. Finally, the contributors to this edited work use their collective wisdom to draw educational implications and suggest direction in preparing the next generation of dog guardians.

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digital wellness refers to: Sustainable Development Goals: A Handbook Based on Media Perspective Noveena Chakravorty, Sayak Pal, Dr. Sharmila Kayal, Dr. Muhammad ABDULLAHI,

Mohammed Auwal UMAR, Dr. Rajesh Chutia, Mamta Keswani, Uttam Kumar Khedlekar, Edith Oghenechovwe Otuya-Asohro, Dr. Amina Abdelhadi, Dr. Nadia Saraa, Sraya Banerjee, Protiti Mondal, Thi Mai Le, Thi Ngoc Diu Nguyen, Thi Thuy Anh Tran, Bao Trung Phan, Shishir Singh, Ayush Dutta, Dhruva Jyoti Mudoi, Dr. Supratim Karmakar, Dr. Muhammad Umair Chaudhry, Dr. Sobia Usman, Obaluyi John Fidelis, Keshav Vivek, Shiva Thrishul, Mr. Roopam Paul, Soumen Das, Tina Bose, Doyel Dutta, Sohom Bhattacharyya, Niladri Sekhar Dassarma, Dr. Sunil Kumar, Sadia Afrin, Rezwan Ahmed Mahedi, Madiha Anwar, Antonieto G. Alaban, Joti Devi, Priyanka Singh, Dr. Mufutau Oluwakemi ORIOLA, Dr. Olatunde Olufemi AJAYI, Debarshi Bhattacharyya, 2024-09-01

Promoting sustainable living across seventeen essential areas throughout the planet has been the agenda that was adopted in 2015 by the United Nations with a deadline of 2030. After nine years into the future since 2015, most nations still need to gear up to their full potential to fulfill the targeted development. Although the United Nations has been publishing its annual SGD progress reports since 2016, along with a list of portals where the parameters can be measured for individual nations for each one of the seventeen goals, the perspective of researchers, and practitioners provides a unique perspective on the progression. Despite the rigorous attempts from the United Nations, regulatory authorities, and government initiatives, the gap remains, and the fulfillment of the targets for all seventeen goals till the end of 2023 remains uncertain. The book "Sustainable Development Goals: A Handbook Based on Media Perspective" offers a collection of concepts and perspectives on areas like effective administration, media advocacy, digital literacy, responsible usage, integrating inventory management, greening efforts, digital citizenship, revival of tribal culture, green products, sustainable urbanization, pastors as social media influencers for sustainable development, agrarian sustainability, programs on sustainability, influencers of sustainability, social media activism, women's health, representation & empowerment, sustainability in films and entertainment, sustainable living, mindful consumption, climate advocacy, public awareness, waste management, sustainable communication, green practices, environment-friendly technology, multiculturalism, environmental communication, democratic governance, health communication and many more. Collectively, the chapters would help in understanding the different perspectives of sustainability through the lens of media and communication.

digital wellness refers to: Research Anthology on Mental Health Stigma, Education, and Treatment Management Association, Information Resources, 2021-02-05

In times of uncertainty and crisis, the mental health of individuals become a concern as added stressors and pressures can cause depression, anxiety, and stress. Today, especially with more people than ever experiencing these effects due to the Covid-19 epidemic and all that comes along with it, discourse around mental health has gained heightened urgency. While there have always been stigmas surrounding mental health, the continued display of these biases can add to an already distressing situation for struggling individuals. Despite the experience of mental health issues becoming normalized, it remains important for these issues to be addressed along with adequate education about mental health so that it becomes normalized and discussed in ways that are beneficial for society and those affected. Along with raising awareness of mental health in general, there should be a continued focus on treatment options, methods, and modes for healthcare delivery. The Research Anthology on Mental Health Stigma, Education, and Treatment explores the latest research on the newest advancements in mental health, best practices and new research on treatment, and the need for education and awareness to mitigate the stigma that surrounds discussions on mental health. The chapters will cover new technologies that are impacting delivery modes for treatment, the latest methods and models for treatment options, how education on mental health is delivered and developed, and how mental health is viewed and discussed. It is a comprehensive view of mental health from both a societal and medical standpoint and examines mental health issues in children and adults from all ethnicities and socio-economic backgrounds and in a variety of professions, including healthcare, emergency services, and the military. This book is ideal for psychologists, therapists, psychiatrists, counsellors, religious leaders, mental health support agencies and organizations, medical professionals, teachers, researchers, students, academicians, mental health

practitioners, and more.

digital wellness refers to: *Mental Health, Substance Use, and Wellbeing in Higher Education* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. *Mental Health, Substance Use, and Wellbeing in Higher Education* lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

digital wellness refers to: *Digital Pedagogy* Senad Bećirović, 2023-03-01 This book systematically approaches the topic of the relatively new field of digital pedagogy and provides valuable insights for teachers and students, education policymakers, leaders in education, and others whose professional engagement is related to education in modern society. It discusses topics including what digital pedagogy involves as well as its main characteristics and significance for the future of education, the impact of the coronavirus pandemic on the teaching and learning process, digital literacy and digital citizenship, development of digital competencies of teachers, and the reasons for and challenges of the digital transformation of education systems. The findings presented in this book help education policymakers to adopt effective strategies for digitalization of educational institutions. Furthermore, this book enables experts involved in the development and improvement of curricula to respond well to modern challenges and to adapt them to the modern needs of students, society, and scientific fields. This book also serves as a useful resource for pre-service and in-service teachers in their development of digital competencies.

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digital wellness refers to: *The Digital Health Self* Rachael Kent, 2023-03 This is a detailed

analysis of how understanding of health management past, present and future has transformed in the digital age. Since the mid-20th century, we have witnessed 'healthy' lifestyles being pushed as part of health promotion strategies, both via the state, and through health tracking tools, and narratives of wellness online. This marks a seismic shift from a public welfare state responsibility for health towards individualised practices of digital self-care. Today health has become representative of 'lifestyle correction' which is performed on social media. Putting the spotlight on neoliberalism and digital technology as pervasive tools that dictate wellness as a moral obligation, Rachael Kent critically analyses how users navigate relationships between self-tracking technologies, social media, and everyday health management.

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digital wellness refers to: **The Future of Medical Device Regulation** I. Glenn Cohen, Timo Minssen, W. Nicholson Price II, Christopher Robertson, Carmel Shachar, 2022-04-07 Regulators have been more permissive for medical devices compared to their drug and biologic counterparts. While innovative products can thereby reach consumers more quickly, this approach raises serious public health and safety concerns. Additionally, the nature of medical devices is rapidly changing, as software has become as important as hardware. Regulation must keep pace with the current developments and controversies of this technology. This volume provides a multidisciplinary evaluation of the ethical, legal, and regulatory concerns surrounding medical devices in the US and EU. For medical providers, policymakers, and other stakeholders, the book offers a framework for the opportunities and challenges on the horizon for medical device regulation. Readers will gain a nuanced overview of the latest developments in patient privacy and safety, innovation, and new regulatory laws. This book is also available as Open Access on Cambridge Core.

digital wellness refers to: **Communities in Action** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education,

inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

digital wellness refers to: *It Starts in the Classroom* Edward F. DeRoche, Serena Pariser, 2022-08-23 Few character education books published in the 21st century have addressed the resource needs of P-12 teachers. *It Starts in the Classroom: Character Education for a Better Tomorrow* is a “character education tool kit” that enables P-12 teachers, teachers-in-training, counselors, administrators, and coaches to see themselves as the “key” character educators in their schools, classrooms, and community. This book helps bring humanity, student engagement, and other life skills into the classroom that have been proven to increase student academic achievement. Ultimately, *It Starts in the Classroom* helps teachers see that they are, in fact, really changing the world for the better. This book shows them how to do this not only with their students but with themselves. With the current state of our world, character education is needed now more than ever. Things can get better, but it starts in the classrooms—with the teachers and the students.

digital wellness refers to: *Digital Social Work* Lauri Goldkind, Lea Wolf, Paul P. Freddolino, 2019 In a digitally powered society, social workers are frequently challenged to embrace new interventions and enhance existing strategies in order to effectively promote social justice. The cases in this volume present engaging examples of technology tools in use across micro, mezzo, and macro practice, thereby illuminating the knowledge, skills, and values required of those who practice social work 2.0.

digital wellness refers to: *Investing in the Health and Well-Being of Young Adults* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course,

and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

digital wellness refers to: The Impact of Digital Technologies on Public Health in Developed and Developing Countries Mohamed Jmaiel, Mounir Mokhtari, Bessam Abdulrazak, Hamdi Aloulou, Slim Kallel, 2020-06-24 This open access book constitutes the refereed proceedings of the 18th International Conference on String Processing and Information Retrieval, ICOST 2020, held in Hammamet, Tunisia, in June 2020.* The 17 full papers and 23 short papers presented in this volume were carefully reviewed and selected from 49 submissions. They cover topics such as: IoT and AI solutions for e-health; biomedical and health informatics; behavior and activity monitoring; behavior and activity monitoring; and wellbeing technology. *This conference was held virtually due to the COVID-19 pandemic.

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